



HOW CAN I GET OUT OF A GANG?

1. Never tell the gang you want out. You may be beaten or even killed.
2. Begin spending your time doing other things. Instead of spending time with your gang friends, find something else to do during that time. Look around. There are possibilities everywhere: sports, recreation centers, Boys and Girls Clubs, arts programs, drama, school activities, and even spending time with your family.
3. Try to stop looking like a gangster. For many gang members, dressing down makes them feel safe because other people are scared of the way they look. As you begin to believe in yourself, you will find that you don't need to make other people feel afraid in order to feel good about yourself. Stop wearing the clothes that you think are gangster clothes.
4. Stop talking like a gangster, acting like a gangster, and hanging out with gangsters. Find other things to say, other things to do, and other people to hang out with. (HINT: this is much easier if you stop dressing like a gangster first.)
5. Get good at making excuses. Your parents can probably help you with this, but if not, try asking a teacher or older friend for help. Some former gang members have said that when they started trying to get out, they stopped taking phone calls from their gang and had their family tell friends they weren't home.
6. Find people who support you and believe in you. Getting out of gangs isn't easy but it can be done. Find people, especially adults, who think that you are special and will keep telling you that. Begin believing in yourself. Gangs are a dead-end street.

No matter who you are, what you have done, or where you live, you deserve better.

PROJECT 180

What resources are available to help gang members and their parents get out of a gang?

The West Valley City Community Center sponsors a program that is designed specifically to aid parents and youth that are looking for help and attempting to get out of a gang.

Project 180 uses a three prong approach, Prevention, Suppression, and Intervention. The program includes counseling programs, education and job skills training, after school mentoring and character development, and a transition group to help get out and stay out.

If you have questions about Project 180, or would like additional information, please contact:

West Valley Community Center
3818 West 4700 South
West Valley City, Utah 84118

Phone: (801) 654-0446
Fax: (801) 968-3308
Email: project180@yahoo.com



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GANG WATCH



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**West Valley City
Police Department
3575 South Market Street
West Valley City, Utah 84119**

www.wvc-ut.gov/police

Gang violence across the United States has been a problem for decades, our community is no exception.

